

# Mindfulness

## One a Day (Planner pages, for individuals or teams)

Think of your mindfulness practice as being similar to a vitamin. You can benefit from practicing just once a day, and you can increase or decrease the dosage depending on your needs. Committing to one mindful moment a day is a manageable way to begin a new practice or strengthen an existing one. Print this page and take a few minutes on Sunday night to plan your daily mindfulness practice for the week.

Here are some ideas to consider as you shape your daily mindfulness practice to your own needs:

- Plan to unplug during lunch every day
- Meditate for 1–5 minutes before leaving your classroom at the end of the day
- Think of five things you are grateful for before going to bed each night

## Share a Tip! (For instructional teams)

When you're together with your instructional team, have a mindful moment. Share some deep breaths, visualize the whole team completing a project successfully, and focus on relaxing the body and mind into the present moment.

Hand out small pieces of paper (use sticky notes or construction paper, business cards, or whatever is available). Have each member of the team write down their favorite mindfulness strategy or tool. These should be short, easy strategies that can be integrated into the day with minimal effort. If someone doesn't have a favorite strategy, offer a few examples to choose from, like taking some deep breaths before students arrive or journaling for five minutes.

Place the strategies in a container, mix them up, and have everyone pick one. This will be their mindful moment for the week. At the end of the week, have everyone spend a few minutes to reflect on their strategy and write down their thoughts. What went well? What could have gone better? Will they use this exercise again? Repeat this practice at each meeting so everyone gets a chance to try new ways to be mindful.